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## PRE-OPERATIVE NPO RECOMMENDATIONS

There are many medications patients should take with a small sip of water when NPO and awaiting surgery. Here are some recommendations from Anesthesia Associates of Boise. Staff should always follow surgeon/proceduralist directions if provided.

1. **Continue beta blockers and diuretics.**
2. **Hold any ACE medications 24 hours prior to surgery start time unless otherwise directed.**
3. **Hold any ARB medications 24 hours prior to surgery start time unless otherwise directed.**
4. **Hold phentermine for 2 weeks prior to surgery.**
5. **Continue analgesics.** Patients who are opioid tolerant and on chronic narcotics, such as oxycodone or fentanyl patches, should continue their medication.
6. **Continue GI prophylaxis medications**, such as H2 blockers and proton pump inhibitors.
6. **Diabetics:** Hold oral hypoglycemics day of surgery. Any diabetic patients taking insulin should follow the instructions of their surgeon, PCP, or the pre-operative hospitalist if consulted for management.
7. **Continue anti-seizure medication.**
8. Please use your judgment with other medications. Most of them are probably not necessary on the day of surgery.

### Simplified MINIMUM NPO guidelines: (excluding medications)

All Ages:

- 2 hours for clear liquids (juices with no pulp, **plain** jello, **black** coffee, **CLEAR** sodas\*)
  - 4 hours for breast milk
  - 6 hours for infant formula
  - 8 hours for non-clear liquids and solids\*\* (includes non-human milk, hard candy and chewing tobacco)
- **Longer fasting times improve flexibility in moving cases up. When in doubt, follow surgeon instructions.**
- **\*An 8oz CLEAR carbohydrate drink such as a soda or Gatorade is encouraged no later than 2 hours prior to surgery unless contraindicated by surgeon (diabetic patients excluded)**
- **\*\*Gastric tube feedings are considered solids.**